

Option 2 - Recommended By City Staff

Option 2

- A “node” of “gym-type” equipment at a location along the pathway, near the north end of the park. Suggested to include:

- Chest press and pull-down
- Air walker
- Elliptical
- Leg press



Chest Press & Pull Down



Air Walker



Elliptical



Leg Press

- Two other “stations” located in the park, at locations that are distant from one another and the “node”. This option shows the “Energi” product, geared towards all ages (youth over the age of 14), including older adults. The Energi product provides a broader range of exercise options and progressions for adults with various physical activity and fitness levels. City staff suggested station 4 and either station 3 or 5:

- Station 3 – Squat, dip, push-up and balance exercises
- Station 4 – Power and Agility step exercises
- Station 5 – Core, torso, and balance disc exercises



Station 3



Station 4



Station 5

Victoria Park - Outdoor Fitness Options

